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Messenger

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Water Conservation Drops

SACRAMENTO REGION, CA (MPG) - The State Water Resources Control Board recently announced that urban Californians' monthly water conservation declined to 17.7 percent in August, down from 27 percent savings in August 2015, raising concerns that some water suppliers are abandoning their focus on conservation as California heads into a possible sixth drought year.

Californians continue to conserve water in significant amounts even in the absence of state-mandated conservation targets. The cumulative average savings from June 2015 through August 2016 was 23.3 percent, compared with the same months in 2013. Since June 2015, two million acre-feet of water has been saved — enough water to supply 10 million people, more than one-quarter the state's 38 million population, for a year.

Water conservation has dropped steeply among some local water suppliers. These declines highlight the need for continued education and dialogue with customers on the importance of conserving and using water as efficiently as possible. As the State Water Board continues to monitor conservation levels, a return to state-mandated conservation



Many communities who certified that they didn't need to conserve are still conserving up a storm, while others have slipped.

may be necessary beginning next year.

"The statewide August conservation results raise questions, and we are examining the data to understand why some areas slipped more than others," said State Water Board Chair Felicia Marcus. "Are we seeing relaxation of conservation messaging and programs, or are we seeing abandonment of programs? One may be appropriate, the other is not. It's a

mixed picture. Many communities who certified that they didn't 'need' to conserve are still conserving up a storm, while others have slipped more than seems prudent."

Conservation levels have remained significant for many communities that had certified that they did not need top down mandates to keep conserving.

While some local water suppliers may have relaxed water use restrictions from those that

were in place last summer, most agencies have kept up locally mandated restrictions and targets, which is appropriate and which the state strongly encourages. Regardless of a supplier's individual conservation requirement, the statewide prohibitions on specific wasteful practices such as fountains without recirculating pumps, or irrigation of turf in street medians, remain in place.

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Health Officials Urge Californians to Remove Standing Water

Rains Can Lead to More Mosquitoes

SACRAMENTO, CA (MPG) - California Department of Public Health (CDPH) Director and State Public Health Officer Dr. Karen Smith called on the people of California to help reduce the number of mosquitoes by eliminating standing water, especially in areas that have recently had rain and continue to experience warm temperatures.

"Rainy weather can create new breeding grounds for mosquitoes if water is allowed to pool and remain stagnant," said CDPH Director and State Public Health Officer Dr. Karen Smith. "Mosquito season in California peaks in October, making it critically important that Californians take action to empty even small amounts of water from our gardens and yards."

To help control mosquitoes, check your yard weekly for water-filled containers. Clean and scrub bird baths and pet watering dishes weekly, and dump the water from dishes under potted plants. Contact your local vector control agency if you detect unusual numbers of mosquitoes or you are being bitten during the day.

The *Aedes aegypti* mosquito, an aggressive mosquito that bites during the day, has been detected in 12 California counties. This black-and-white striped mosquito has the potential to transmit Zika and other diseases, such as dengue fever, chikungunya and yellow fever. While the mosquito is especially active two hours after sunrise and several hours before sunset, it can also bite during the day. These mosquitoes often enter buildings through unscreened windows and doors and bite people indoors.

To prevent mosquito bites, apply repellents containing U.S. Environmental Protection Agency-registered ingredients such as DEET, picaridin, oil of lemon eucalyptus, or IR3535 to exposed skin and/or clothing (as directed on the product label). During the times mosquitoes are most active you should wear long-sleeve shirts, long pants, socks and shoes. Be sure window and door screens are in good condition to prevent mosquitoes from entering your home.

Source: CDPH

Cook-off and Vintage Car Show Raises Funds

Works to Brighten Christmas for Children Surviving Domestic Violence

Story by Elise Spleiss

SACRAMENTO REGION, CA (MPG) - Classic cars, tantalizing chili and plenty of outdoor shopping once again proved to be the perfect formula for fun for hundreds of attendees at the Citrus Heights General Federation of Women's Club's (GFWC) annual Chili-Cook off and Vintage Car Show on October 8.

The event took place on at the Lowe's parking lot, a venue popular for classic car shows. Attendees tasted and voted on 15 diverse chili recipes, and inspected 52 vintage cars compliments of the Nor Cal Cruisers Car Club. Funds raised from the rental fee for 45 vendor tables along with the \$10 chili tasting fee

will provide many children in Citrus Heights who are victims of domestic violence a happy holiday season this year. Proceeds from the event will be used for Christmas toys and other gifts, food, parties and other activities taking place at A Community for Peace (ACFP) and other organizations working with women and children.

Disc Jockey and local entertainer Mike Ely evoked memories of those raised with the "oldies but goodies" music of the 50's and 60's.

At the end of the day the difficult job of tasting and choosing only 3 winners from 15 chili entries came down to: third place, Glorian Martinelli, whose chili boasted fresh herbs, four



Winners of the six unique car show trophies at the GFWC Citrus Heights Women's Club Chili Cook-off and Vintage Car Show on October 8 in Lowe's parking lot. Photo by Tony Battaglia

kinds of hand ground chilies, apple cider vinegar, brown sugar and a secret meat process. Martinelli claimed the lime added as the finishing touch made her chili "a party in your mouth". Second place

was awarded for the Hawaiian -Portuguese turkey sausage chili. First place was earned by Kristy Hernandez with a Chorizo with black bean chili.

Nor Cal Cruiser members, who work

with city and community organizations to raise funds for their cause, voted on and awarded their 40 gold and red trophies to their winners. O'Reilly's Auto Parts donated

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Flick or Treat Returns to Raley Field for 2016

Annual Community Halloween Event Features On-Field Movie Screening and Clothing and Food Drive

SACRAMENTO REGION, CA (MPG) - Flick Or Treat is back for its third year at Raley Field. The community trick-or-treat event, presented by California Family Fitness, will feature a special screening of Sony's Hotel Transylvania 2 on the ballpark videoboard on Saturday, October 15 at 6:00 p.m. Flick Or Treat is also a part of Dinger's Drive In, a three-part movie series on the field at Raley Field.

Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins. Various local partners and organizations, including California Family Fitness, Blue Star Moms, Yolo County Library, and more will be in attendance, handing out treats and other goodies. Local media, including KCRA, The Sacramento Bee, K-LOVE, and 107.9 The End will also be participating. The Yolo Basin Foundation is bringing live Mexican Free Tailed bats. Additional pre-movie activities include a costume contest, corn hole, candy corn counting, Dinger coloring, and much more.

Also new this year at Flick Or Treat is Dinger's Goods Drive. Starting Saturday, October 15th Dinger will be collecting household goods, canned and dry goods, baby supplies, and new and gently used clothing to give back to those in need. Those who donate will receive a discount coupon to be used at the River Cats On Deck Shop at Raley Field. The drive begins at Flick Or Treat and will last through Friday, November 4.



Pre-movie trick-or-treating on October 15 will occur from 4:30 - 6:00 p.m. and will be offered on a first come, first serve basis before the movie screening begins.

Hotel Transylvania 2, Sony's ghoulish animated adventure - featuring the voice talents of Adam Sandler, Andy Samberg, and Selena Gomez - was released in 2015. The family-friendly comedy about Dracula's "monsters-only" resort and his half-human, half-vampire grandson is rated PG.

To ensure the best viewing of the videoboard, families and movie lovers of all ages in attendance will be seated in the lower seating bowl or on the field under the stars. Guests are strongly encouraged to bring a blanket when sitting on the field (no chairs are permitted).

The screening is scheduled to start at 6:00 p.m. Trick-or-treating and family-friendly

activities will begin when gates open at 4:30 p.m. Tickets for all children are \$6 while adults are \$8. Season Passes for Dinger's Drive In are still available for just \$10. Tickets can be purchased online or by visiting the Round Table Ticket Office at Raley Field. This event is rain or shine.

The Sacramento River Cats are the Triple-A affiliate of the three-time World Champion San Francisco Giants. For more information about the River Cats, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleysfield.com.

Source: Sacramento River Cats ★

West Nile Virus Hits Home in Citrus Heights



Laurie Moses (left) and Diane Ebbitt at 2015 Rotary Crab Feed. Photo by Elise Spleiss

By Elise Spleiss

CITRUS HEIGHTS, CA (MPG) - Diane Ebbitt, an active member of the Citrus Heights community recently learned that the "fight the bite" campaign is very real as it battles to educate the public about a very real adversary, West Nile Virus.

In August Ebbitt, 58, the Police Activity League (PAL) Coordinator, began her saga with West Nile Virus as she spent four days in the hospital near death after contracting West Nile Virus from a mosquito bite, possibly at her four acre home in Orangevale.

She and her husband, Ray Riehle have animals on their land, including the wild geese which they like to feed. For several days before she became ill they had been outside just before dusk with the geese. They had a small pool of water for them but did keep it clean. Ebbitt, being used to the mosquitoes around her, had never covered up with a repellent.

Ebbitt remembers getting 4 smaller bites and 1 larger one, but cannot pin down when she might have suffered the guilty bite. She knew the mosquitoes were around, but she would just go inside when she began getting bit. She said it is the tiniest, basic household mosquito.

"There is just no way to know"

When Ebbitt did begin to feel ill, it was just the flu-like symptoms. But as time went by she got a headache, was becoming disoriented and was losing her cognitive functioning. If she had not gotten to the doctor when she was told she could have got into a coma and been permanently paralyzed. She did suffer some paralysis in her right leg but is using a walker and going to physical and water therapy.

By the time Ebbitt had arrived at the appointment she made on August 25, she was experiencing more of the symptoms. In the process she had also contracted bacterial and viral meningitis with caused pain in her whole body. Medication cannot be given for viral meningitis, but she could get antibiotics to help with the inflammation in her spine from the bacterial meningitis.

Since then Ebbitt has learned that 80 percent of people bitten by a West Nile carrying mosquito show no symptoms of the disease and the other 20 percent only experience mild flu-like symptoms. She also learned since she became ill that she is one of the one percent of patients who contract the type of virus that goes to the brain. She had developed Encephalitis which causes a serious inflammation of

the brain and can lead to paralysis.

"It really knocked me down" she said. Upon arriving home from the hospital she slept for two weeks to four weeks. Riehle's parents came to help her as she was basically helpless and in a lot of pain. She moved down to the first floor to avoid using the stairs.

However, because she works out, is in good shape and healthy and got to the hospital on time Ebbitt's doctor is hopeful for full recovery, which could take up to one year. She is doing the physical and water therapy and will follow up with her doctor in December to see if lesions on spine have healed.

Ebbitt was told there is a man who lives off of Wachtel, where Ebbitt lives who has also contracted the virus.

According to Luz Maria Robles with the Mosquito and Vector Control District, to date this year there are 18 confirmed human cases of West Nile Virus in Sacramento County, compared to only 4 in 2015.

Ebbitt's message to everyone to spare them from her ordeal: "When you're outside and there are mosquitoes around, wear repellent"! She is speaking to groups to spread the word: "Fight the Bite". She can be contacted at 916-727-4820. ★

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United Way: Square One Project Helping Kids Succeed In School

SACRAMENTO REGION, CA (MPG) - Through a Facebook Live video this morning, United Way California Capital Region announced that all of its work for the next 20 years will focus on ending poverty by increasing the number of local kids who graduate from high school prepared for success in college and beyond. United Way's Square One Project will bring together the organization's work over the last decade as the project focuses on educational milestones for children and the resources they need to succeed in school, including early literacy support, access to nutritious food, stable homes, support systems and more.



United Way announced the launch of its Square One Project through a Facebook Live event at Main Avenue Elementary School in Sacramento.

"This is our most ambitious project in our 90-year history," said Stephanie Bray, president and CEO, United Way California Capital Region. "If we want to see real change happen in our community, we have to break the cycle of poverty that's passed down from one generation to another. There is one place in the community where we can do that best - and that's school."

Sacramento-area kids who graduate from college are 62 percent less likely to live in poverty than those who drop out of high school, according to United Way and the nonprofit Corporation for Enterprise Development. United Way's Square One Project is bringing together community leaders, schools, government, nonprofits, volunteers and donors across five counties to make sure kids stay in school, stay on track, have high expectations for what they can achieve, and have strong support systems.

United Way is launching the Square One Project through a partnership with Robla School District in Sacramento. To make sure kids can come to school every day, United Way and Robla School District are providing case managers at schools through a grant to help the 500 homeless families in the district secure stable housing and other support. United Way's Healthy Meals ensures kids have enough to eat in their after-school programs so they have fuel for

their brains. United Way also is providing tutors to help kids meet reading and math milestones so they stay on track. United Way's Young Leaders Society is helping families start saving for higher education by raising matching funds for college savings accounts so that kids have high expectations of continuing school.

"We're excited to be one of the first school districts where the Square One Project has launched," said Ruben Reyes, superintendent, Robla School District. "This is a district with a lot of need, but a lot of awesome kids who are going to do amazing things in our community, thanks to our work with United Way."

Through the Square One Project, United Way also will work with school districts throughout Amador, El Dorado, Placer, Sacramento and Yolo counties to fill gaps in resources so kids have the best chance at success.

"We know ending poverty starts in school, but it's going to take whole communities to make this happen across our region," Bray said. "I hope everyone will find their way to join us at Square One so kids can create a better life for themselves, their community and the next generation."

To donate or volunteer for United Way's Square One Project, visit www.squareoneproject.org.

Source: Kristin Thébaud Communications ★

Water Conservation Drops Below 18 Percent

Continued from page 1

"Percentages alone tell only part of the story, because a 15 percent reduction by someone using under 100 gallons per person a day can be more challenging than a 30 percent reduction by someone using 250 or 300 gallons a day," Marcus said. "That's true of agencies and it is true for individuals. In particular, we urge suppliers where conservation levels

have dropped steeply to reach out to high use customers to find ways to conserve, and to join their community's conservation efforts. The legislature's passage and Governor's signing of SB 814 will help water suppliers send monetary signals to their highest users about the need to keep conserving while the drought continues. Most important, it sends a signal that all Californians are in this together and that fairness includes those

who use the most doing their part along with the rest of us."

SB 814 (Hill) requires urban water suppliers to establish financial penalties for excess water use during droughts. Suppliers can either create excess-use ordinances with defined penalty amounts, or they can adopt rate structures that charge their highest users more during drought emergencies.

Source: State Water Resources Board ★



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Crossword Puzzle on Page 5

A	D	U	L	T		B	R	A		E	R	N	E	
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B	R	O	R	A	S	P		M	I	D	S	T	S	
R	A	G	A		S	L	O	E		C	O	C	O	A
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Sudoku Puzzle on Page 5

7	9	8	4	6	5	2	3	1
6	3	1	9	8	2	7	4	5
5	4	2	1	3	7	6	9	8
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4	1	7	5	9	8	3	2	6
9	2	6	7	1	3	5	8	4
3	8	5	2	4	6	9	1	7

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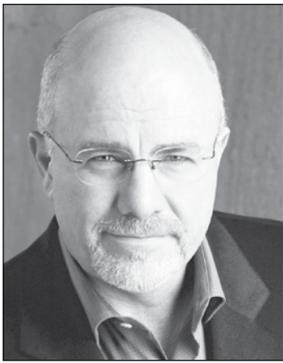
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Dave Says

way and win in their relationship or with money.

The two of you desperately need to seek marriage counseling together. This relationship is on the rocks. You and your husband obviously have no trust or respect for each other, and there's a definite lack of communication, unity and shared goals. I don't know what happened to bring things to this point, but the preacher didn't pronounce you guys a joint venture when you got married; he said you were now one.

A little maturity, extra work, and living on a simple budget will go a long way toward fixing most personal finance issues. But your marriage is in big trouble, Peggy. Please seek help!

—Dave

Why save before paying off the mortgage?

Dear Dave, I just read *The Total Money Makeover*, but I'm still unclear as to why you recommend saving for an emergency fund and retirement before paying off your home. Shouldn't a house be paid off as quickly as possible, since it's a liability?

—Mark

Dear Mark, I appreciate the fact that you're asking questions and thinking things through. But please don't fall into the trap of thinking of your home as a liability. That mindset is way off base, in my

opinion.

Your house is definitely an asset; it's the mortgage that's a liability. Some folks may try to position a house as a liability simply because it costs you money. But the truth is your home will make you more money than it will cost you over time. Therefore, it is an asset.

Some of the saddest situations I've seen in all my years of teaching are seniors who have paid-for homes and nothing saved or invested. Money isn't the most important thing on earth, but it is a fact of life. That's why I encourage people to build an emergency fund of three to six months of expenses and begin saving for retirement before they tackle paying off their homes.

Then, after all that is addressed, take every dollar you can scrape together and put it toward paying off your mortgage as fast as possible. Good question, Mark!

—Dave

Dave Ramsey is America's trusted voice on money and business. He has authored five New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover, Entrepreneurship and Smart Money Smart Kids. The Dave Ramsey Show is heard by more than 8 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

★



POPPOFF!

with Mary Jane Popp

even good old fashioned hand washing. However, diseases and disorders like asthma, allergies, obesity, and autism are on the rise. According to the docs, there is a connection here.

The first five years are crucial because it takes about three to five years from the time we are born to become a fully established community for a solid foundation for future health. At the moment of birth, a child receives a big load of microbes from the mother. Babies born vaginally encounter essential microbes. If medical interventions are necessary, such as C-sections and antibiotics, there are ways to re-populate babies' microbiota.

Breast milk is the jackpot for microbes. We all know breast milk is rich with nutrients, but it also contains an ever-expanding list of antibodies, proteins, and enzymes that promote immunity and intestinal development. If breastfeeding is not an option, supplementary probiotics are crucial.

Antibiotics are overused. A recent study of 65,000 children in the U.S. showed that more than 70% of them had received antibiotics by the age of two, and those children and that those kids averaged eleven course by age five. Here is what's disturbing. Children who received four

or more courses of antibiotics in their first two years were at 10% higher risk of becoming obese!

Kids need dirt. You don't have to move to a farm (although Amish children raised among pastures have excellent gut microbiota). But making changes like less frequent handwashing after outdoor play, letting your dog snuggle with your baby (dogs are truly microbes best friend) and requiring daily time outside will all help build a stronger microbiome in your child.

Avoid sugar. The foods that babies eat in the first year of life determine the type of microbes that grow in them. Certain foods, like those with sugars and high starch, are absorbed in the upper intestine and don't even make it to the lower intestine where microbes are waiting to be fed. Try legumes and fiber for microbes to flourish. Probiotics are not approved by the FDA, so some products on the market may not have the exact microbes your child needs. Besides, probiotics are not enough. What's better is not putting microbes at risk in the first place.

You can go to www.letthemeatdirt.com or check out "Let Them Eat Dirt." It will really go into detail. Cleanliness? Yes! But don't overdo!

★

Get yourself out of it

Dear Dave, I make \$2,100 a month after taxes, and I have accumulated \$46,000 in credit card debt. My husband makes more than I do, but he won't help me. He says I got myself into this mess, so it's my job to stop being irresponsible and fix it on my own. Do you have any advice?

—Peggy

Dear Peggy, You've got a load of debt hanging over your head right now, but I think you've got bigger problems than that. You told me you're married, yet it sounds to me like you two are living entirely different and separate lives. This seems more like a roommate situation than a healthy, loving marriage.

I don't like your husband's attitude, but he does have a valid point in one respect. You were irresponsible with money, and now you've got a pile of debt on your hands. My big question is this: Where was he while all this was going on? Were you hiding it from him? And where was the communication and decision making, financial and otherwise, couples should engage in? Married people can't live this

Cleanli-Less

Are we too clean? Seriously, have we become over sanitized? And, what about our kidlets? Are we putting them in harm's way? **Dr. Marie-Claire Arrieta** says you bet we are. She is a scientist who has researched babies who are missing key intestinal microbiota and are more likely to develop asthma. That's why she and **Dr. Brett Finlay** put together "Let Them Eat Dirt." Saving your child from an over5 sanitized world. So, do we need an attitude adjustment in thinking that bacteria is all bad to realizing that bacteria can be something good...and essential to your child's well-being. According to **Dr. Arrieta**, she really was adamant that we have to rethink our feeling about bacteria because it can affect our kids' lifelong health. The past hundred years have brought advances in and more widespread use of antibiotics, antivirals, vaccinations, chlorinated water, pasteurization, sterilization, hand sanitizers, and

TADA! Students Soon to Get Trained Dance and Theatre Teachers

SACRAMENTO, CA (MPG) - California students, living in the arts and entertainment capital of the country, will now be provided education by credentialed Theatre and Dance educators. The Theatre and Dance Act (TADA!), authored by Senator Ben Allen (D - Santa Monica) and supported by a coalition of advocates led by the California Alliance for Arts Education, was signed into law by Governor Jerry Brown today.

"Up until now, dance teachers had to get a PE credential to teach dance in California," says Jessy Kronenberg, Co-President of California Dance Education Association. "PE dance is beneficial for coordination and team-building, but dance as art fosters the 21st century skills of critical thinking, collaboration, communication and creativity."

Twice before, legislative efforts to create these credentials were vetoed by the governor at that time.

"This is an issue that has burned in the hearts and minds of arts education advocates since 1970, when dance and theatre credentials were eliminated by the Ryan Act" says California Alliance for Arts Education Executive Director, Joe Landon. "Over a thousand advocates responded to our action alerts and sent messages of support to their elected officials in Sacramento"

But, TADA! made it through both houses of the legislature without a single negative vote, buoyed by the support of the California Teachers Association, California Federation of Teachers, California Dance Education Association and California Educational Theatre Association. This effort picked up many vocal allies along the way, including actress Annette Bening, who testified on behalf of the bill in the Senate Education Committee.

"I think it's the right thing; it serves students, it dignifies our teachers, and it will uplift our community," said Ms. Bening.

"California is the arts and entertainment capital of the world, yet we are one of only two states in the country that does not authorize teaching credentials in theatre or dance," Allen said. "I am so pleased that we have finally elevated these two important disciplines to the stature they deserve," he added.

"The next generation of theatre and dance teachers will be the proud bearers of theatre and dance credentials ensuring that California pre-K-12 students are instructed with sound pedagogy in a standards-based curriculum," said CETA President Carol Hovey.

At the same time, the Governor signed Assembly Bill 2862 (O'Donnell) into



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law enabling California to finally update its Visual and Performing Arts (VAPA) content standards incorporate new practices and technologies to arts curriculum, instruction, and instructional materials.

Source: CA Alliance for Arts Education

★



STATEPOINT CROSSWORD • HALLOWEEN

- CLUES**
- ACROSS**
- *One should accompany young Trick or Treaters
 - "Victoria's Secret" purchase
 - Marine eagle
 - "West Side Story" character
 - Distinctive quality
 - "Pulling my leg," e.g.
 - Venomous slitherer
 - Dashboard acronym
 - Big tops
 - *Like a house to avoid
 - *Halloween alternative to black
 - Cul de ____
 - Type of test
 - Sis' sibling
 - Coarse file
 - Centers, old-fashioned
 - Indian music
 - ____ gin
 - *Chocolate bar ingredient
 - Do as directed
 - Popular garden perennial
 - Jesus' first guests
 - African sorcery
 - Romanov ruler
 - Dashing style
 - Accident
 - Not mint
 - "C ____ la vie!"
 - 500 sheets
 - Nada
 - *"Night of the ____ Dead"
 - *Possible Halloween precursor
 - Winnie-the-Pooh's friend
 - High or low card
 - Food from heaven
 - Cupcake topper
 - Spring mo.
 - Bar by estoppel
 - 2 aspirin, e.g.
 - Gobbled up
 - Desert's lack, pl.

CROSSWORD

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71						72			73			

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- DOWN**
- Wet nurse
 - Dad to a baby
 - Pakistani language
 - Property claims
 - Reason to visit dental hygienist
 - Shakespeare, e.g.
 - *Gravestone wish
 - Tanks and such
 - Genesis garden
 - *2002 horror movie "The ____"
 - Sol or fa
 - Ambulance crew
 - Typeface letter that slants up and to the right
 - E-wallet's content
 - Ewe's mate
 - One playing dead
 - *Wicked ride
 - Torah teacher
 - S-shaped moldings
 - Coin opening
 - Top of the Capitol
 - 1:10,000 on a map, e.g.
 - Marcus Aurelius garb, pl.
 - *Honoree on day after Halloween
 - Same as #1 Down

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	3			2			
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	6				8		
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3		2					7

Solutions on Page 4

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Where Have All the Clowns Gone?

Dr. James L. Snyder

The Gracious Mistress of the Parsonage and I were getting ourselves situated in the living room with some after supper coffee while watching the little bit of TV. These days, a little bit of TV is about all a person can handle.

Nothing quite measures up to a nice hot cup of coffee after a scrumptious supper and if anybody can scrumpturize a supper, it is the Gracious Mistress of the Parsonage. Every once in a while she will point out the fact that I am not as skinny as I once was. My response to her is simply this, "It's your fault for being such a wonderful cook."

That stops the conversation; she smiles, sits back and thinks about what I just said. I sit back and smile thinking that I have gotten out of another bit of a pickle.

It is very hard to keep up with the news today because we have such technology that whatever happens anywhere in the universe we have an immediate story about it.

I do not know about anybody else, but I am just a little bit tired of the news these days. My wife and I were shocked this week to see a news report about, of all things, clowns. These clowns, so the reporter went on, were scaring people and committing crimes like robbery.

Really?

Then they had some footage of somebody dressed up as a clown, frightening people and threatening to do bodily harm. Now, some places are forbidding clowns to show up. Even during the Halloween season, some stores are not selling clown costumes.

How far have we gone in our culture when clowns are a threat to our culture?

It was not always that way. In high school, for example, I was often referred to as the class clown. That was a title of deep reverence and pride. To be the class clown meant you were

doing things that made other people laugh. You were joking and clowning around and creating a great deal of merriment. With the tension many of our high school teachers created in class, the class clown had an important job of bringing down the tension.

If there were awards for being the class clown, I certainly would have gotten one in high school. They only have awards for scholarship and athletics. I say nothing is more important in a class than the class clown. There should be some kind of recognition in this area.

When I was growing up, my mother kept telling me to, "Stop clowning around!"

At the time, I really did not understand what she was trying to say. In high school, it was a measure of acceptance, but in the home, it was something inappropriate.

Although I do respect my mother, I have yet to "stop clowning around."

Now, I have my wife telling me to, "Stop clowning around." I have often wondered if this is not some kind of gene passed on to every woman.

There was not just one news story about these fallacious clowns doing all sorts of criminal activity, but it seemed to be as if a trend was developing.

I have a friend of mine who is a professional clown and does all kinds of work with children's and charity activities. You would not find a nicer person in all the world than my good clown friend. I have not talked to him about this new development in clownville, but I am sure he has a good take on it.

The purpose of the clown is to make people laugh. That's all.

Now even a certain fast food chain has given their clown a vacation until some of this nonsense passes over. I think this is stupid.

I believe that if somebody is misusing the clown motif for

"naughty activities," the people who are affected the most should justly punish him. And by that, I mean children and people who still are acting like children.

If any of these people dressed in a clown outfit should be caught doing something that is unclownish there should be some very dire circumstances administered in an appropriate way. Like a pie in the face.

At one time, no circus was complete without a whole bunch a clowns keeping the merriment going strong. All of these false clowns should be gathered together and dealt with rather brutally. After all, if you are going to defame such a sacred character in the American culture, you need to be dealt with very severely. How dare somebody do this sort of thing to an iconic figure of American society?

Why is it we have some people who will take something that is very precious to certain people, turn it around and make it a very negative and nasty thing? There should be a law against that sort of thing. Where is the politician that is going to put his or her foot down against this kind of travesty in our society?

Is nothing sacred anymore in our country? I think the apostle Paul had something like this in mind when he wrote, "Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled" (Titus 1:15).

Why will some people take something that other people get pleasure from and turn it into something negative? Only a corrupt mind would do this.

Dr. James L. Snyder is pastor of the Family of God Fellowship Ocala, FL where he lives with the Gracious Mistress of the Parsonage. Call him at 1-866-552-2543 or e-mail jamesnyder2@att.net. His web site is www.jamesnyderministries.com.



By Pastor Ray Dare

The book of Galatians is all about freedom. That's the whole theme of the book. Paul was angry when he wrote the letter, because he had started a church in Galatia and after he left, a certain group of people called Judaizers came in and almost destroyed the church through judgmental and legalistic attitudes. They said, "You've got to keep all of these rules and regulations we set up."

As a result Paul got hopping mad! He said, "You foolish Galatians! Who has bewitched you? ... After beginning with the Spirit, are you now trying to attain perfection by human effort?" Galatians 3:1, 3.

People love to have their 'do's' and 'don'ts'. We all have our little no-no list. But have you noticed that my list doesn't match your list? One group says, "You can't wear makeup". Another

Pastor Ray's Encouraging Words

Don't Let Anyone Steal Your Freedom

group says, "It's ok to wear makeup but you can't dance". Another group says, "It's ok to dance, you just can't smoke". Another group says, "Well, smoking doesn't send you to hell, it just makes you smell like you've been there!"

No society was more legalistic than New Testament Palestine. The spiritual policemen of that day were called Pharisees. They went around with checking on everybody. They were very judgmental, critical and intolerant. Jesus said to these Pharisees, 'You phonies! You make up rules that even you yourselves don't keep.' That's not what God wants. God wants relationships not rules. Jesus said what's most important is that you love God and love others. Love God, love others. That's what counts in the Christian life.

If you want to do what's right, look at Galatians 5:14. "The entire law is summed up in a single command 'Love your neighbor as yourself'". If you're ever in a situation where you wonder... "What should I do? What should I think about that situation or person?" When

you don't know what's right or wrong, you can always choose to love, because love never fails.

I dream of a church where people have the freedom to be real - imperfections, habits, faults, weaknesses, hang-ups and all! I dream of a church based on love, not legalism. I dream of a church based on grace, not guilt. I dream of a church based on relationships, not rules or religion. I dream of a church where people can be real without fear of judgment or shame. Jesus didn't die that you might keep rules. He died that you might have a relationship with Him. He wants you to serve Him out of love, not out of fear or duty. Jesus said, "If the Son sets you free, you will be free indeed!" John 8:36.

Wherever there is genuine Christianity, you find freedom. "...Where the Spirit of the Lord is, there is freedom." 2 Corinthians 3:17. Don't let anybody steal that from you.

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For more information, visit FairOaksEcoHousing.org

Senior Produce Market

Saint Francis Church Center Parish Hall

11430 Fair Oaks Blvd. Fair Oaks, CA 95628

Every Tuesday 10 - 11am
Outstanding quality produce at low wholesale prices!
CASH ONLY

For more information, go to saintfrancisfairoaks.org/senior-produce-market

Got Church News?

Call 773-1111

WIDOWED PERSONS ASSOCIATION OF CALIFORNIA

The Widowed Persons Association of California encourages men and women to come to Sunday Support each Sunday from 3:00pm - 5:00pm. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service. Participants do not need to be members and there is no charge.

OFFICE HOURS 10:00am - 3:00pm
Monday - Friday (916) 972-9722

Sunday Support - Any and all widows or widowers are invited.
Every Sunday from 3:00pm - 5:00pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Ave., Ste D-18

Grace Baptist Church

Come and Experience God's Amazing Grace

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, found and taught in The Bible

Service Schedules
Sunday Schools (All Ages) 9:45am
Sunday Worship 11:00 am
Sunday Evening 6:00pm
Wednesday Evening 7:00pm

6724 Palm Avenue, Fair Oaks, CA 95628
(Located one block South of Madison; just East of Dewey)
Pastor Charles Carter (916) 967-3915

Call for more information

DELIVERY ROUTES AVAILABLE

CALL 773-1111

Quick Quack Car Wash Sponsors Creative Writing Contest

SACRAMENTO REGION, CA (MPG) - Quick Quack Car Wash, a Roseville, California based company, has announced the sponsorship of a creative writing contest aimed at fourth to twelfth-grade students aged eight to 18 years old. The writing contest encourages students to invent the biography of the company's beloved mascot duck named Quackals.



its customers. Winners will be announced on December 1, 2016 and posted on DontDriveDirty.com.

"For years we have wanted to tell the story of Quackals, the Quick Quack Duck, and share with our fans more of his background and how he became our mascot," said Travis Kimball, Chief Marketing Officer of Quick Quack. "Now we have the opportunity to let our fans participate in that storytelling.

We are excited to read all of the creative entries describing where he came from and how he ended up as the mascot of our growing chain of car washes."

Quick Quack Car Wash has an established track record of being an active community partner, sponsoring local events and athletic programs as well as contributing to community groups' fundraising efforts. Quick Quack is regularly named the favorite or best car wash in the areas where they operate and has been recognized and honored for sustainable business practices and water conservation.

More information is available online at www.DontDriveDirty.com. ★

Dedicated To Local Charities
The Lakeview Village Ladies Club

Craft Fair

Cafe and Bake Sale

Jewelry, Linens, Art, Toys, Books, Christmas Items, and much more!

Saturday, November 5th
9:00 a.m. to 2:00 p.m.

Lakeview Village Clubhouse
6211 Summerset Lane, Citrus Heights
Near Auburn Blvd. & Van Maren Lane
916-725-0223

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Union Gospel Mission Sacramento

For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission also serves women and children. The Mission is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

Matthew 25:40
"Caring for the Least"

50+ Years of Service
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ONLINE REGISTRATION

Cook-off and Vintage Car Show Raises Funds

Raises Funds to Brighten Christmas for Children Surviving Domestic Violence



Hard working chili sample servers take a break from dishing out samples of 15 cook-off competitors chili. Ingredients in the top 3 recipes include chorizo and black beans, four kinds of hand ground chilies, apple cider vinegar, and Hawaiian -Portuguese turkey sausage. Photo by Tony Battaglia

Continued from Page 1

the trophies. Nor Cal's Michael Sparman and Wally Schnierle also created five unique trophies from used car parts featuring a myriad of belts, gears, and other internal workings of a vehicle. Following the presentation of all the other awards, Nor Cal's coveted "Best of Show" was awarded to Darla Buechner for her 1967 purple Camaro, which had just been lovingly restored in 4 weeks by Buechner's husband, Matt. Daughter Mandy Buechner accepted the trophy

on her behalf as she could not be present.

Citrus Heights Women's Club members sponsored their own humorous categories including the Fred Flintstone award which went to the authentic replica of the Ghost Buster hearse, furnished by Michael Lee of the Ghost Buster Club of Sacramento. They also awarded the Bugs Bunny, Our Gang, Ladies Choice, Betty and Veronica, and People's Choice award, the favorite of all attendees.

Trophy sponsors included Buechner Consulting Service, Hernandez Law, Bella Mane Salon Studio and Denise Jacks, Citrus Heights Curves.

A dozen volunteers from Citrus Heights Bayside Church also worked hard from set up, to helping wherever needed, to tear down. Children's activities and generous raffle prizes rounded out the festivities. Participants and attendees alike left the event satisfied and knowing they had helped contribute to a worthy cause. ★



Owner of the replica Ghost Busters hearse Michael Lee (left) with son Mike Lee. The hearse won the Fred Flintstone award. The team entertained children and adults alike as they reminded their audience of the 1984 movie of the same name. Photo by Tony Battaglia

Marijuana Tax Revenue Hopes Could Go up in Smoke

Commentary by George Runner

For the third time in state history, California voters will be faced with the question of legalizing marijuana for recreational use.

The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments. Only time will tell if this is true, but voters - regardless of how they plan to vote - would be wise to take these revenue projections with a grain of salt.

First, the facts: Prop. 64 would legalize marijuana - under state, not federal, law - while creating a \$9.25 per ounce cultivation tax on dried flowers, a \$2.75 per ounce cultivation tax on dried marijuana leaves, and a 15 percent excise tax on the retail sale of medical and



The official ballot summary for Proposition 64 says the measure could generate up to \$1 billion in new tax revenue annually for state and local governments.

non-medical marijuana products. In addition, non-medical products would be subject to California sales tax, which currently ranges from 7.5 to 10 percent.

Under Prop. 64, medical marijuana will not be subject to state sales tax. Furthermore, it will be exempt from cultivation taxes when grown by a qualified patient or primary caregiver. Under the new law, local governments could add even more taxes to marijuana purchases. Some local governments are already contemplating additional taxes to fund youth programs or fight homelessness.

Marijuana users who are desperate to save money could return to the black market or pick up a "Prop. 215 card," skipping the state sales tax on marijuana - and likely other taxes as well.

The full op-ed originally printed in *The Sacramento Bee*. Board of Equalization Member George Runner supported legislation to regulate and tax medical marijuana. ★

Small Businesses Praise Senator Nielsen's Voting Record

SACRAMENTO, CA (MPG) - Citing his experience and strong advocacy of small businesses, the National Federation of Independent Business/California (NFIB) awarded Senator Jim Nielsen (R-Gerber) a perfect score of 100 percent.

"California continues to be a difficult place to do business - from the burdensome regulations to the out-of-control lawsuits," said Senator Nielsen. "Elected leaders must do all we can to hold the line and help small businesses thrive. I am humbled to have received such an honor from NFIB."

"Senator Nielsen is a leader we turn to in our efforts to support small businesses. We applaud his dedication and passion in supporting small

businesses and protecting them from additional taxes, mandates, and complex regulations," added Tom Scott, NFIB/CA State Executive Director.

NFIB assessed lawmakers on 12 bills vital to the health of small business in California. Twenty-nine lawmakers out of 120 had impressive 100 percent scores; however, 62 legislators failed small business this year with scores ranging from 27 percent to just eight percent.

Lawmakers' voting records are compiled and scored annually to provide Californians with a valuable tool to determine how state legislators acted on major mandates, regulations and tax legislation, and to hold elected officials accountable for anti-small business votes. Established in 1946,

the National Federation of Independent Business has been the Voice of Small Business, taking the message from Main Street to the halls of Congress and all 50 state legislatures.

NFIB has 350,000 dues-paying members nationally, with over 22,000 in California. NFIB annually surveys its members on state and federal issues vital to their survival, and as they are America's economic engine and biggest creator of jobs, the growth of the American economy.

Senator Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Glenn, Placer, Sacramento, Sutter, Tehama and Yuba.

Source: Office of Senator Nielsen ★



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Pay by November 1st
and get your name entered into the drawing for 2 Kings Tickets at the New Golden 1 Arena
Sacramento Kings vs Miami Heat
Game to be played January 4, 2017 -7:30pm



Metro Fire and the Sacramento Kings Celebrate Cancer Survivors



After meeting with the survivors, the Pink Engine and the Kings' crew passed out pink Cancer Awareness items at Arden Fair Mall. Join Metro Fire's Pink Engine at tonight's Kings Game, the first home game in the new Golden 1 Center.

SACRAMENTO REGION, CA (MPG) - Metro Fire and the Sacramento Kings, partnering with Albie Aware Breast Cancer Foundation, tried to make the weekend of three breast cancer survivors a little brighter, and a lot "pinker". Metro Fire's Pink Cancer Awareness fire engine, and its crew, drove two Sacramento Kings Dancer's, to the home of each survivor. The Kings Dancers surprised the survivors with a bouquet

of pink flowers, a bag of Kings Memorabilia, and tickets to today's Pre-Season game. The three survivors, Laura Andrus, Teresa Partington, and Therese Shaw, along with their families, were able to take a lot of pictures with the engine, crew and dancers, and more importantly, tell their stories of survival.

After meeting with the survivors, the Pink Engine and the Kings' crew passed out pink Cancer Awareness items at Arden

Fair Mall. Join Metro Fire's Pink Engine at tonight's Kings Game, the first home game in the new Golden 1 Center. The crew and the engine will be available on display, so make sure to take plenty of pictures, then submit them to PinkEngine@metrofire.ca.gov to take part in the District's photo contest. For more information on Metro Fire's Cancer Awareness Engine and the photo contest, visit our website at metrofire.ca.gov ★

Senator Gaines Rips California's Business Climate On Verizon Closure

SACRAMENTO, CA (MPG) - Senator Ted Gaines issued the following statement on the closure of the Verizon customer service center in Rancho Cordova and the 1,000 jobs lost as a result of that closure:

"Who can be surprised by this? California is doing everything it can to drive businesses out of the state. Sky-high workers compensation costs, painful energy costs driven by unchecked environmentalism, and now a minimum wage shooting up by 50-percent in the next few years, it's little wonder that Verizon is packing up.

"A study this year showed 9,000 California businesses had relocated or expanded out of state recently. Sacramento recently lost Campbell's, Waste Connections, and now Verizon. Those are more than statistics and stories; each one is a tragedy for families who are paying the price for California's anti-business policies.

"Just today, Silicon Valley legend Hewlett Packard announced that it would be laying off 4,000 employees. How legislators can push for the expensive and useless high speed rail or keep

pushing for ever higher taxes while workers are being pink-slipped by the thousands is amazing to me and needs to stop. Lower taxes and smarter regulations would show businesses that California is not a place to leave, but a place to grow and invest. I'd rather see that than Verizon's tail lights."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, Sacramento, Shasta, Sierra and Siskiyou counties. ★

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Historic Folsom Farmers Market
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Year Round, Rain or Shine

Carmichael Park Farmers Markets
SUNDAYS, 9 AM - 2 PM
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Year Round, Rain or Shine

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Donald Kendrick, Music Director

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Stained Glass Concert

ALBINONI | *Adagio for Organ and Strings*
JAMES WHITBOURN | *Lux in Tenebris*
JAKE RUNESTAD | *The Hope of Loving*
OLA GJEILO | *Luminous Night of the Soul*
PERGOLESINI | *Magnificat*

Ryan Enright, Organist
SCSO Chamber Orchestra

SAT, OCTOBER 22 AT 8:00 PM
Fremont Presbyterian Church

Reserved Seating: \$40 | General Seating: \$30 | Students \$15
TICKETS: 916 536-9065 or SACRAMENTOCHORAL.COM

2 SHOWS!

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Guests: Sacramento Children's Chorus
Lynn Stevens, Director

SAT, DECEMBER 10
AT 2:00 PM AND 7:30 PM
Sacramento Memorial Auditorium

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Please RSVP for the day of your choice.
Seating is limited to 30 attendees per seminar.

This is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available, including Veteran's benefits, cremation, and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

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Wed, October 26 @ 11:30 a.m.
St. Francis

Elk Grove Memorial Park
9189 East Stockton Blvd.,
Elk Grove, CA 95624
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Thurs., November 10 Dinner

www.EastLawn.com

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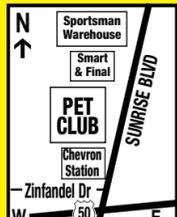
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1 CAN DOG FOOD
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NATURAL DRY DOG FOOD
24-26 Lb Bag Limit 2 Bags Per Family

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5.5 Oz All Varieties

Limit 1 Case Per Family **35¢**

Effective 10/19/16 - 10/25/16

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GOURMET CANNED CAT FOOD
All Varieties 3 Oz

Limit 2 Cases Per Family **20¢ / \$11.00**

Effective 10/19/16 - 10/25/16

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DRY CAT FOOD
• Regular • Indoor 16 Lb Bag

Limit 2 Bags Per Family **\$11.99**

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14 Lbs Limit 2 Bags **\$11.99** Original **\$12.99** Extra Strength

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• Soft & Delicious - 2.5 Oz
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Limit 2 Pouches with Coupon
Limit One Coupon Per Family
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Limit One Coupon Per Family
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